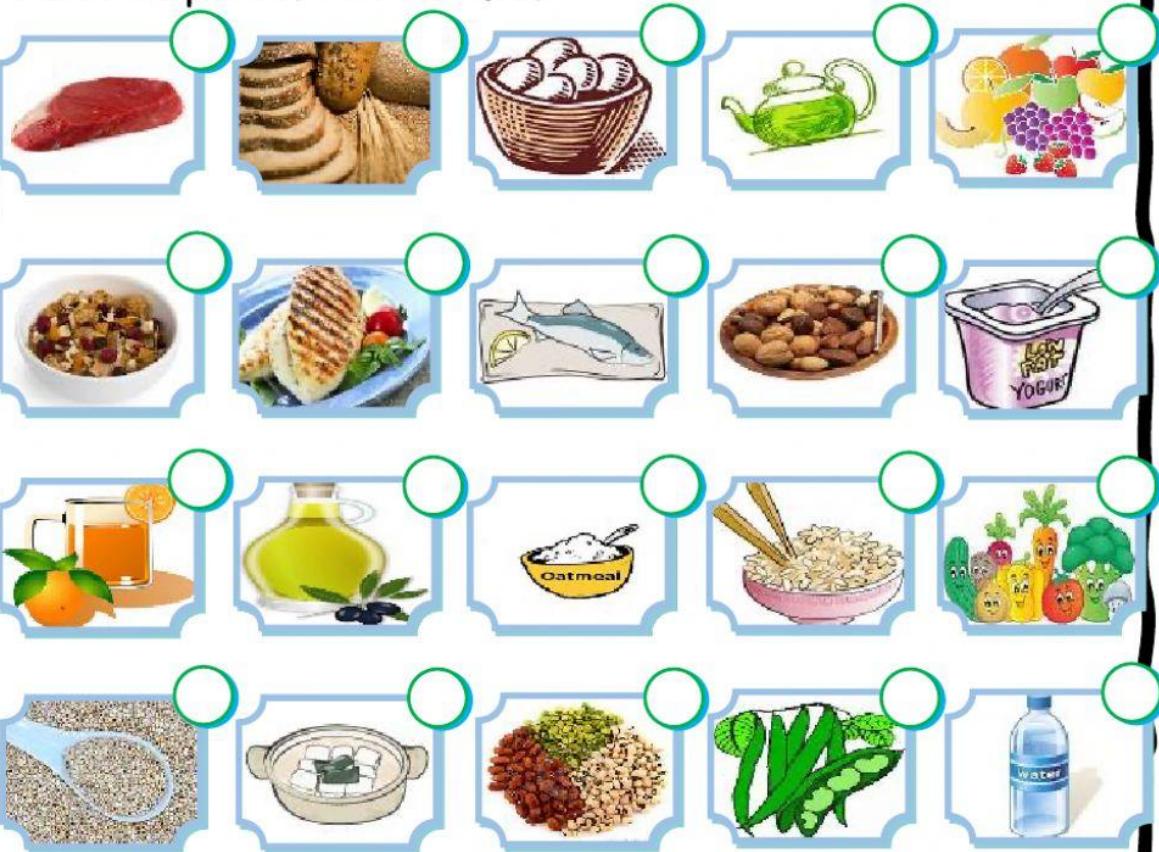


**ACTIVITY 1:**  
Match the pictures with the words.



Fruit

1

Vegetables

2

Yogurt

3

Quinoa

4

Whole grain bread

5

Grilled chicken breast

6

Orange juice

7

Fish

8

Brown rice

9

Legumes

10

High fibre cereal

11

Nuts

12

Oatmeal

13

Tofu

14

Water

15

Eggs

16

Green beans

17

Green tea

18

Olive oil

19

Lean beef

20



Can you name other healthy food? Write your answers here:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_